

# Spokane Regional Health District

Board of Health Members:

Chuck Hafner, Chair

Bob Lutz, MD, MPH

Susan Norwood, EdD, RN

Kevin Freeman

Joel McCullough, MD, MPH, MS

Health Officer and Director

# Topics

- Spokane Regional Health District-efforts to address social determinants of health
- Neighborhoods Matter
- Health Equity Toolkit
- Communities of Health Award
- Global Healthy Workplace

# Neighborhoods Matter



# Historical MCH service delivery

- Individual level services through traditional home visiting
- Clients Served
  - Low income pregnant women
  - Served approximately 1100/year which reached less than 50% of program eligible women
- Outcomes
  - Primary indicator was reduction in low birth weight which was not being impacted by the First Steps Program in Spokane County

# Why Change?

- MCH indicators getting worse such as:
  - Child abuse/neglect
  - Chronic disease
  - Health disparities
- Inability to impact root causes of many of these indicators including:
  - Unsafe housing and neighborhoods
  - Low education attainment
  - Poverty
  - Adverse childhood experiences
- Cost of Program:
  - Significant decline in Medicaid revenue resulting in increased need for local dollar
- Inability to serve a large enough population to impact outcomes



# Create a New Vision



What Surrounds Us Shapes Us



# Population Based MCH

- Developed a population-based MCH approach based on the Socio-Ecological Model



# Selection of Neighborhoods

- Robust, detailed process
- Selected neighborhood experiencing disproportionately high rates of
  - Maternal Smoking
  - Child abuse/neglect
  - Births to unmarried women
  - Women on Medicaid
  - ACEs



# Neighborhoods Matter Goals

- Build Protective Factors: Parental Resilience, Social Connections, Concrete Support in Times of Need, Knowledge of Parenting & Child Development, and Social and Emotional Competence of Children\*
- Community Engagement (using an Asset Based vs. Service Delivery Model)
- Transition to Independent Sustainability (time limited)
- Promote utilization of “health equity lens” within the community and while educating impacts of policies

\*Center for the Study of Social Policy [www.strengtheningfamilies.net](http://www.strengtheningfamilies.net)

# Neighborhoods Matter Activities

SOCIO-ECOLOGICAL MODEL	ACTIVITIES
Individual	Community Kitchens, Play & Learn, Refugee Harvest Project
Interpersonal	Community Kitchens, Refugee Harvest Project, Community CAFÉ
Organizational	ACEs/ Trauma trainings
Community	Community CAFÉ, Community Garden, Refugee Harvest Project, Photovoice, 5 <sup>th</sup> Avenue Revitalization
Public Policy	Library Advocacy Campaign, Alcohol Impact Area, 5 <sup>th</sup> Avenue Revitalization, Zoning for Marijuana Retail

# Lessons Learned

- Penetration of activities were still not adequate to impact MCH indicators
- Majority of activities were concentrated at the individual and interpersonal levels. Need to ramp-up to higher level of the socio-ecological pyramid
- Need to address one of the primary root causes of abuse and neglect – Adverse Childhood Experiences (ACEs)/Complex Trauma

# In The Works...

- The work of Neighborhoods Matter in the East Central neighborhood of Spokane contributed to the Sprague corridor being chosen by the city as a Targeted Investment Pilot Project (TIPP). Staff has been actively engaging community residents in this area to ensure that they have opportunities to participate in decisions being made. An Open House on 9/25 was attended by 100 residents, business owners, and concerned citizens.
- After conducting a survey of the residents of the Whitman neighborhood in Northeast Spokane, Neighborhoods Matter is working with residents and the Parks and Recreation Department to develop a plan to improve Rochester Heights Park, which is known for criminal activity and vandalism.

# Return on Investment

ROI for Public Health Improvement Projects					
Return on Investment Analysis					
I. Analysis EXCLUDING Output, Production Time and Outcome Factors					
				Discount Rate	3%
	Pre-Implementation Baseline	1	2	3	Total (All Periods)
<b>Investment in Project</b>					
Amortized Pre-Implementation Costs	\$49,793.78				
Ongoing Implementation Costs		294,128.67	-	\$ -	
Total Annual Implementation Costs	49,793.78	294,128.67	-	-	
x Present Value Factors (see below)	1.00	0.97	0.94	0.92	
Total Discounted Annual Implementation Costs	\$ 49,793.78	\$ 285,561.82	\$ -	\$ -	\$ 335,355.60
<b>Financial Gain/Loss Attributable to Project</b>					
Estimated Changes in Operating Costs	\$ (904,961.36)	\$ (584,338.68)	\$ (560,309.92)		
Estimated Changes in Revenue	\$ (203,549.00)	\$ (203,549.00)	\$ (203,549.00)		
Total Net Financial Gain/Loss	\$701,412.36	\$380,789.68	\$356,760.92		
x Present Value Factors (see below)	0.97	0.94	0.92		
Total Discounted Annual Net Gain/Loss	\$ 680,982.87	\$ 358,930.80	\$ 326,486.78	\$ 1,366,400.45	
<b>Return on Investment Summary</b>					
Undiscounted Annual Net Cash Flows	\$ (49,794)	\$ 407,284	\$ 380,790	\$ 356,761	\$ 1,095,041
Cumulative ROI		2.03	3.10	4.07	4.07
Net Present Value					\$ 1,031,045
Internal Rate of Return					811%

# Health Equity Toolkit

**EQUITY**  
**in spokanetoolkit**

[ABOUT](#) | [QUICK FACTS](#) | [DATA SOURCES](#) | [CONTACT](#)



**Helping Spokane  
Understand and Impact  
Health Inequities**



**TAKE ACTION**



**HEALTH EQUITY  
IN SPOKANE**



**TRAININGS**



# Health and Equity Policy Analysis (HEPA) Project

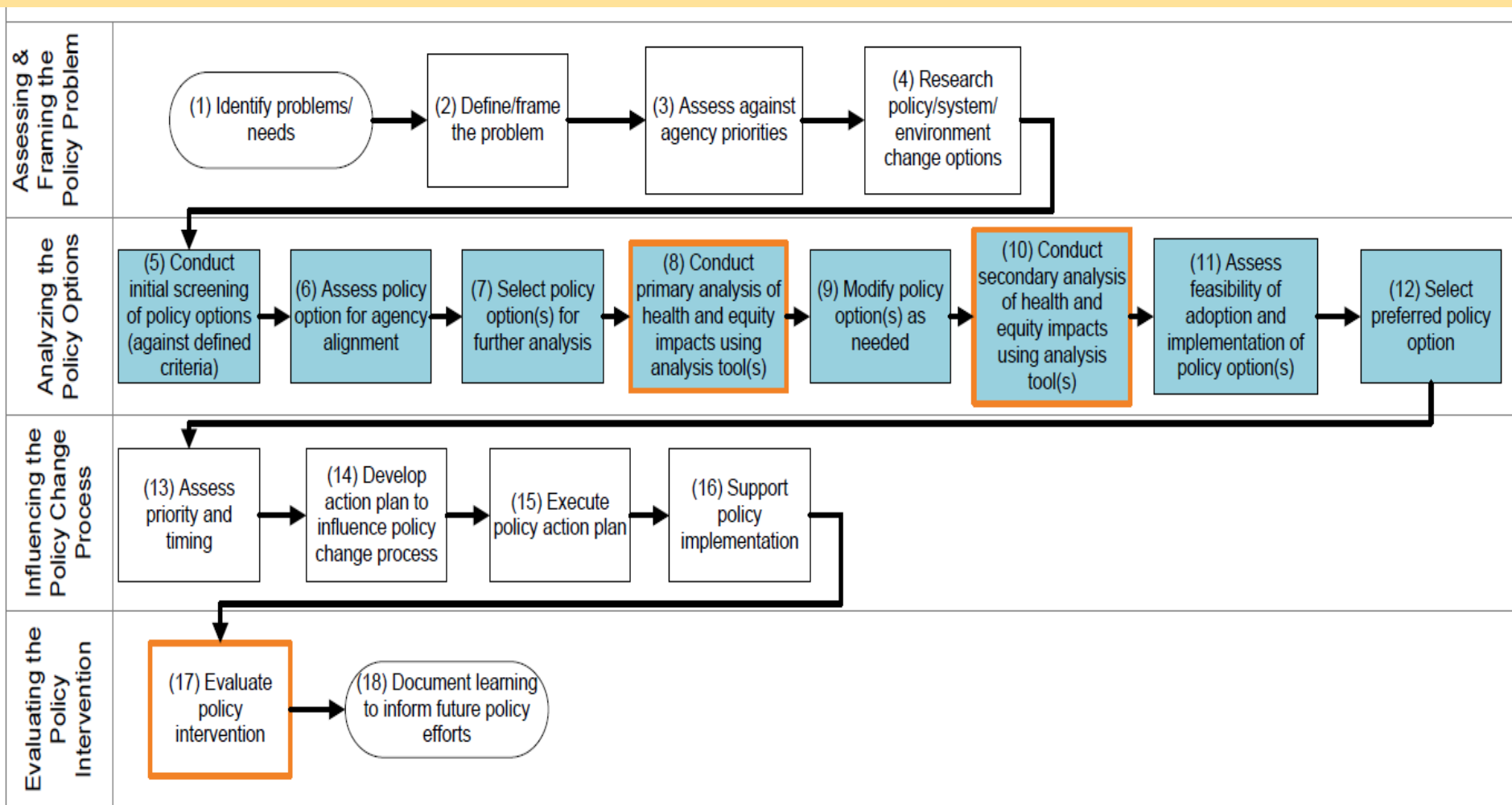


# Policy Analysis and HEPA Process

## PURPOSE:

- Deliberate analysis of health and equity impacts
- Identify when more information is needed
- Identify needed modifications or mitigation
- Select preferred policy options
- Establish policy priorities
- Evaluate implemented policies
- Facilitate internal communication on policy
- Establish external communication roles

# Policy Analysis



# HEPA Tool

HEALTH	Health Impact Score	Equity Score	Comments/Population(s) Affected
<b>Life Expectancy:</b> What is the effect of the policy on life expectancy?	2	2	
<b>Health Status:</b> What is the effect of the policy on health status?	2	2	
<b>Infectious Diseases:</b> What is the effect of the policy on infectious diseases?	2	2	
<b>Injury and Violence:</b> What is the effect of the policy on incidents of injury and violence?	2	2	
<b>Reproductive Health:</b> What is the effect of the policy on reproductive health?	2	2	
<b>Health Behaviors:</b> What is the effect of the policy on health behaviors?	2	2	
<b>Environmental Public Health:</b> What is the effect of the policy on environmental public health?	2	2	
<b>Health Care Quality:</b> What is the effect of the policy on the quality of health care?	2	2	
<b>Health Care Access:</b> What is the effect of the policy on access to health care?	2	2	
<b>Health Care Costs:</b> What is the effect of the policy on the cost of health care?	2	2	
<b>Health System:</b> What is the effect of the policy on the overall health system?	2	2	

ENVIRONMENT	Health Impact Score	Equity Score	Comments/Population(s) Affected
<b>Pollution:</b> What is the effect of the policy on pollution (air, water, soil, noise)?	2	1	
<b>Water Quality:</b> What is the effect of the policy on water quality?	3	3	
<b>Energy Consumption:</b> What is the effect of the policy on energy consumption?	1	1	barriers to access increases transportation and
<b>Renewable Energy:</b> What is the effect of the policy on renewable energy?	3	3	
<b>Waste Stream:</b> What is the effect of the policy on waste stream?	3	3	
<b>Natural Areas:</b> What is the effect of the policy on natural areas?	3	3	
<b>Natural Resources:</b> What is the effect of the policy on natural resources?	3	3	
<b>Working Lands:</b> What is the effect of the policy on working lands?	3	3	
<b>Climate Adaptation:</b> What is the effect of the policy on climate adaptation?	3	3	
<b>Urban Sprawl:</b> What is the effect of the policy on urban sprawl?	3	3	

## SCORING ANALYSIS

**If either health or equity score = < 18**

Policy closed

**If either health or equity score 18 to 32**

Review scores of 1 and 2

Does team recommend an HIA?

Yes - Conduct HIA screening

No - Can policy be modified or mitigated?

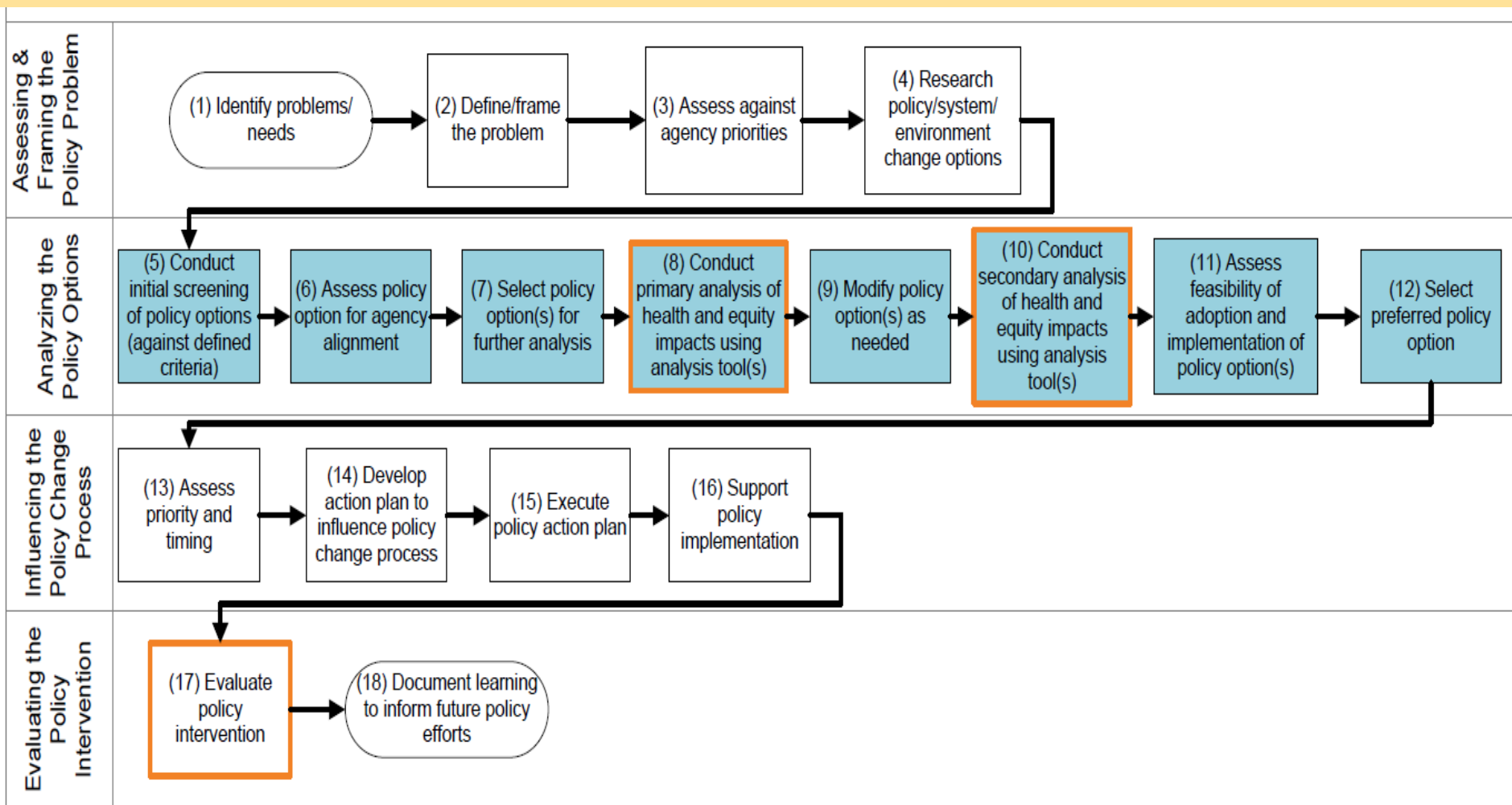
**Both health and impact score > 32 (with no equity scores of 1)?**

Move to Step 11

Discussion Notes: Team decisions: further assessment not needed.

Recommendation to move policy forward. Policy makers need be aware of potential gentrification concerns and awareness building among community. Consider broader policies related to affordable housing policies. Does not need be analyzed further. no modifications needed. Move to step 11.

# Policy Analysis



# HEPA Design

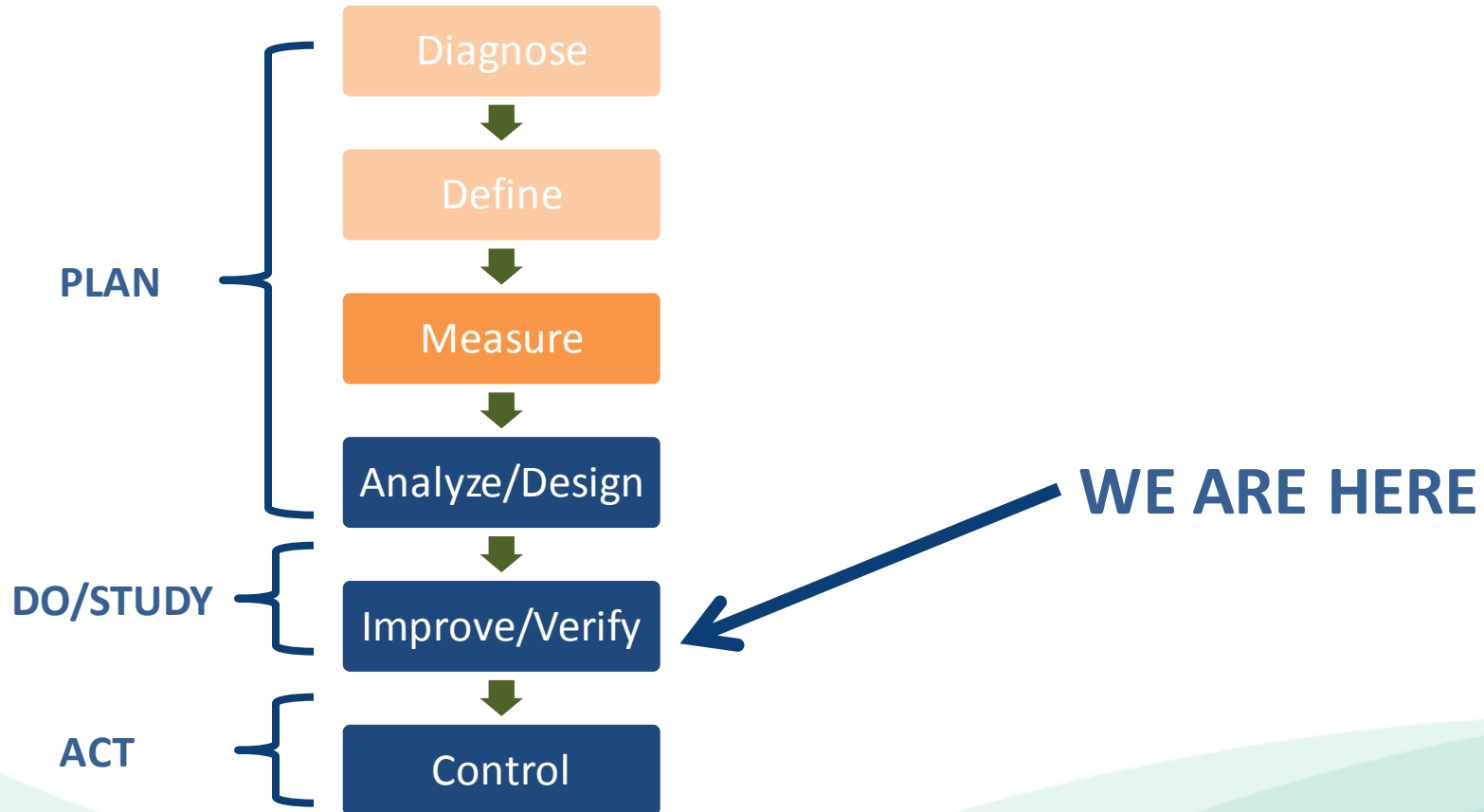
## Key Considerations:

- Define roles of Policy Specialist and program staff
- Define which policies need to use this process/tool
- Simple and not too time consuming
- Need to deal with bias and subjectivity
- Need to consider feasibility early in the process
- Need to coordinate across the agency
- Education and training are critical





# Project Status



# Meet the *RWJF Culture of Health Prize* Winners



These six communities are beacons of hope and progress for healthier people and families. They were selected from more than 250 applicants, and are leading some of the nation's most innovative efforts to build a national Culture of Health.

## Building a Culture of Health

Building a Culture of Health means building a society where getting healthy and staying healthy is a fundamental and guiding social value that helps define American culture. The RWJF Culture of Health Prize honors communities which place a high priority on health and bring partners together to drive local change.

Six communities, selected from more than 250 across the nation, received a no-strings attached \$25,000 cash prize in recognition of their accomplishments.

Prize communities are leading some of the nation's most innovative efforts to build a Culture of Health. These communities are beacons of hope and progress for healthier people and families.



The *RWJF Culture of Health Prize* goal is to raise awareness and inspire locally-driven change across the country. Watch and learn about our 2014 winners.



engaging community  
creating change

## priority Spokane

### Welcome to Priority Spokane!

Priority Spokane is a unique collaboration of organizations working to create a vibrant future for Spokane County. Our goal is to foster measurable improvements in key areas of community vitality. By focusing efforts on a few priorities associated with economic vitality, education, the environment, health and community safety, Priority Spokane aims at creating a thriving community for all who live and work here.

The work of Priority Spokane includes:

- Identifying priorities that show the greatest potential for improving the well being of our community.

- Establishing a broad base of agreement within the Spokane area regarding these priorities.
- Developing strategies to make measurable improvement in the priority areas.
- Identifying resources and partners to carry out the strategies.
- Evaluating the effectiveness of the resulting interventions.
- Keeping the public informed of our progress.

Welcome

About Us

Our Process

Current Priorities

Educational Attainment

Youth Indicators

How to Get Involved

Links

In the News

Compare


give Now

Site News

Reported child abuse rate increases in county

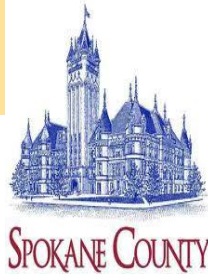


Community Indicators  
Initiative of Spokane

[Home](#) | [Links](#) | [Contact Us](#) | [Feedback](#) | [Help](#) | 

priority Spokane

Engaging Community - Creating Change



Spokane Public Schools  
*excellence for everyone*

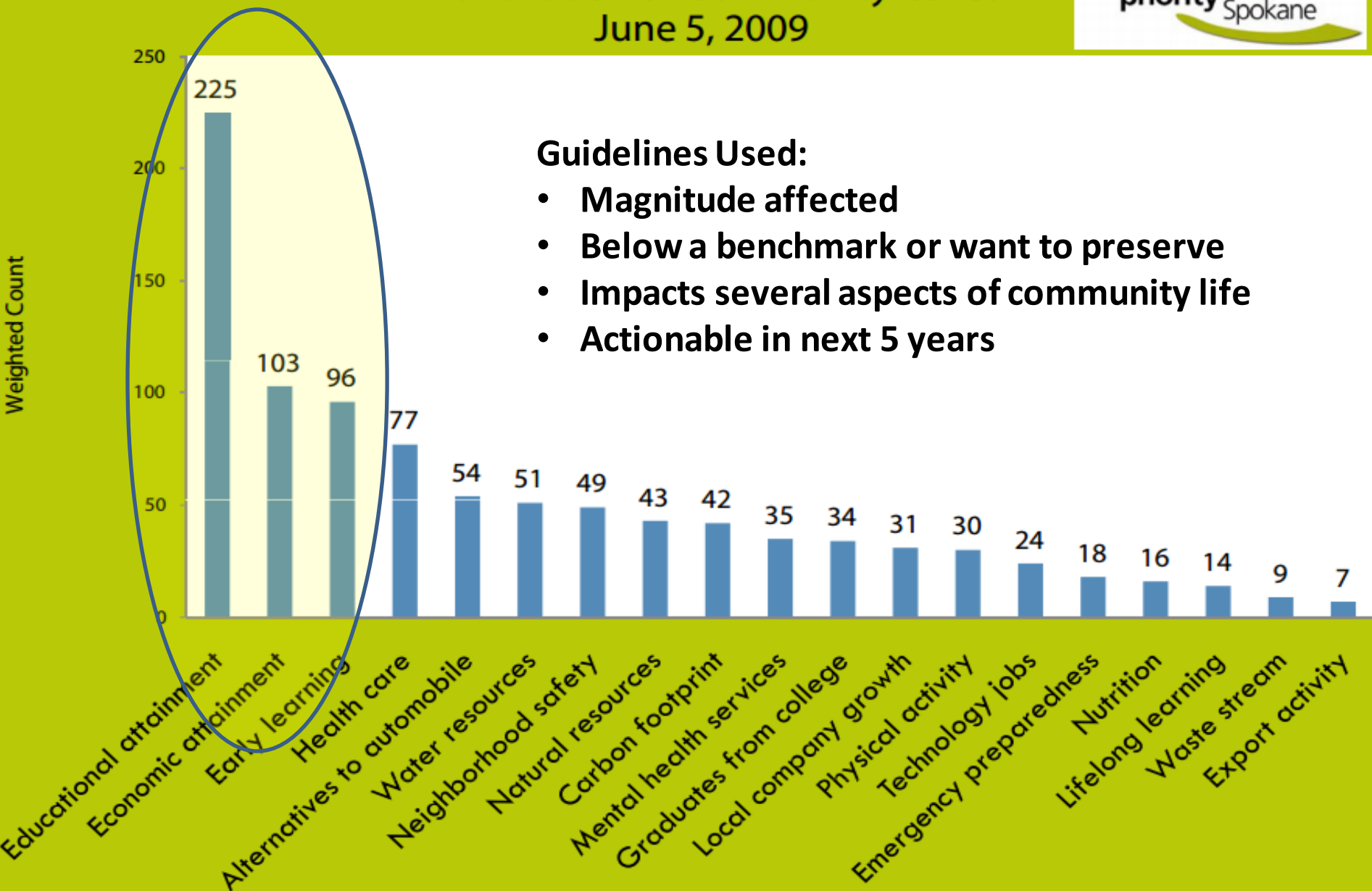




# Prioritization of Community Issues

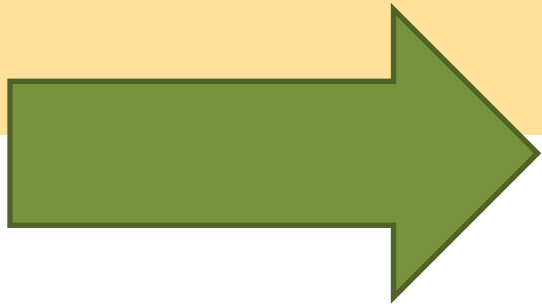
## June 5, 2009

Weighted Count



### Guidelines Used:

- Magnitude affected
- Below a benchmark or want to preserve
- Impacts several aspects of community life
- Actionable in next 5 years

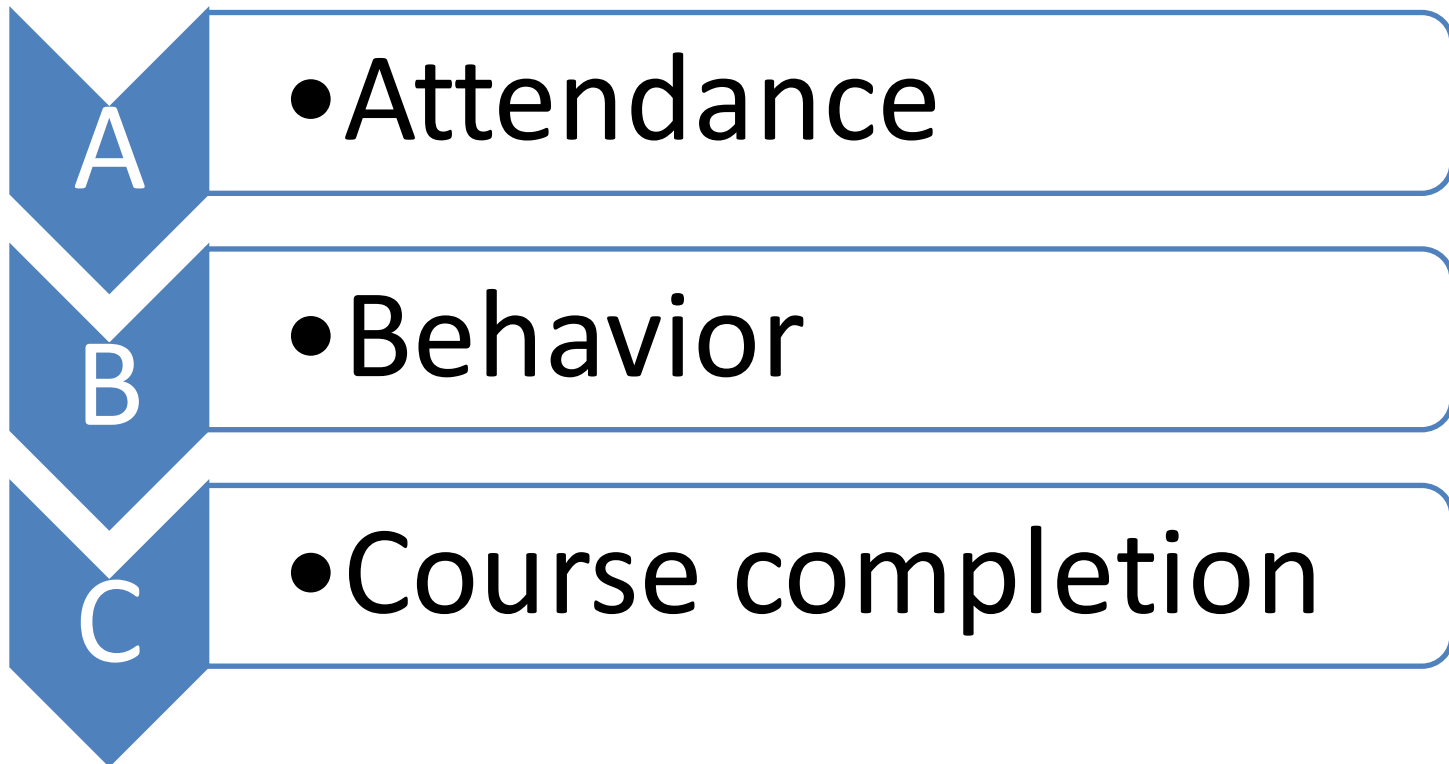


**Health Disparities:** Differences in the incidence, prevalence, mortality, and burden of diseases and other adverse health conditions that exist among specific population groups.

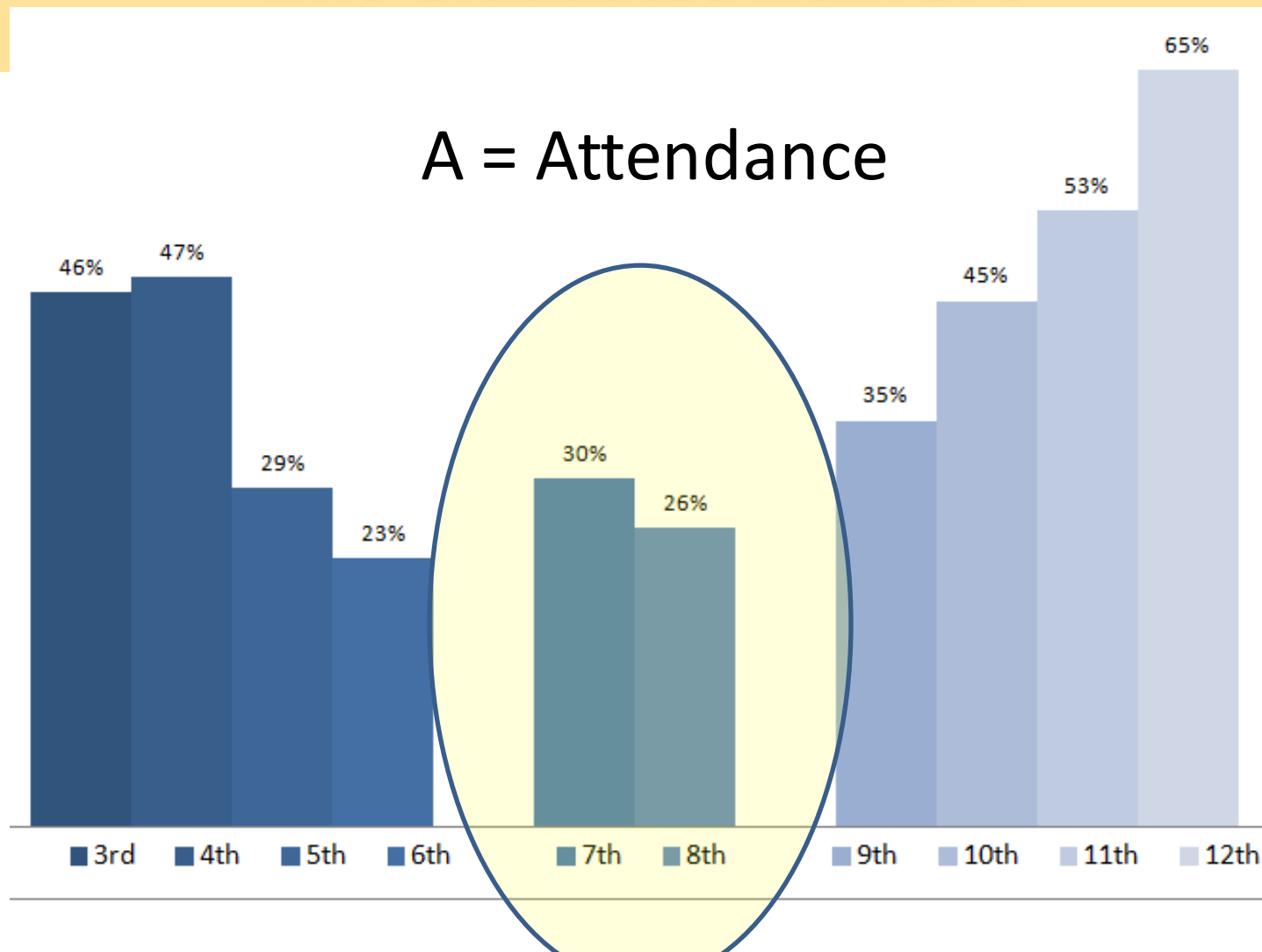
**Social Determinants:** Through research, factors (i.e., determinants) in our social and economic environment that have been found to negatively (or positively) affect health.



# Most Significant Dropout Early Warning/Risk Indicators



# Students with 4+ Unexcused Absences who Graduated from SPS



# Multiple Out-of-School Suspensions – Serious Behavior Risk Indicator



# Monitor youth indicators to understand impact of efforts on the community



## Engaging Community. Creating Change.



### Youth Indicators

Spokane is facing a dropout crisis that threatens our youth and our community. Dropouts are more likely to be unemployed, live in poverty, and receive public assistance. In a knowledge economy, education is the primary means of producing goods and services, consequently incomes, and ultimately wealth. These indicators may best predict academic failure. They were chosen by community leaders through a process of review and comparison of four data sets. Those identified as common, or as particularly important or informative, were selected.

I.1 Public HS Four-Year Graduation Rate	I.7 Students Feeling Safe at School	I.13 Home Environment
I.2 Public HS Continuation Rate	I.8 Absence Due to Lack of Safety	I.14 Low Family Guidance
I.3 Public HS Cohort Drop Out Rate	I.9 Unexcused Absence Rate	I.15 Self-Reported Arrest Rate
I.4 Maternal Education	I.10 Petitions Filed for Truancy	I.16 Students Meeting State Reading Standards
I.5 Interschool Mobility	I.11 Share of Students Who Hate School	I.17 Students Meeting State Math Standards
I.6 Students At Risk for Academic Failure	I.12 Mental Health and Substance Use	I.18 College Bound Scholarship

Welcome

About Us

Our Process

Current Priorities

Educational Attainment

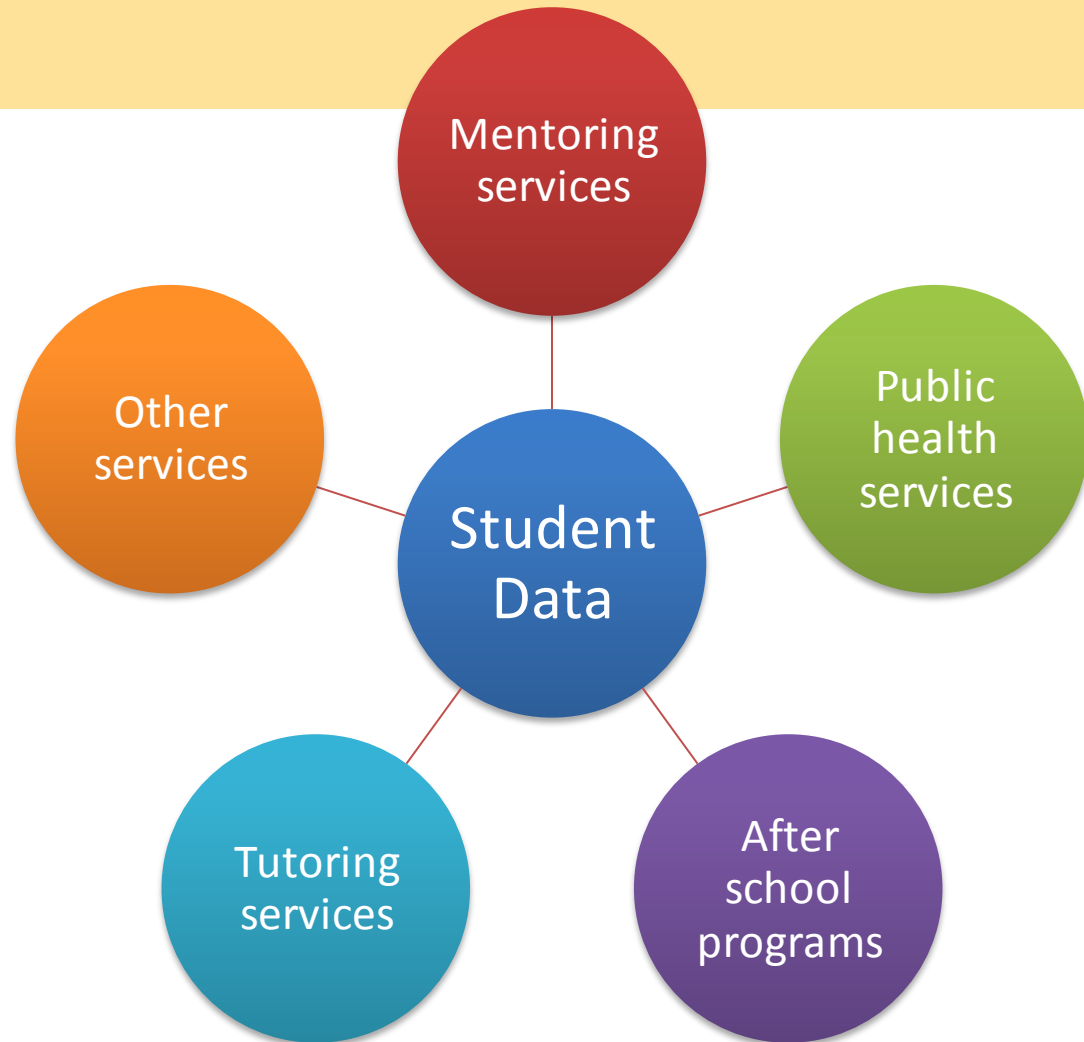
**Youth Indicators**

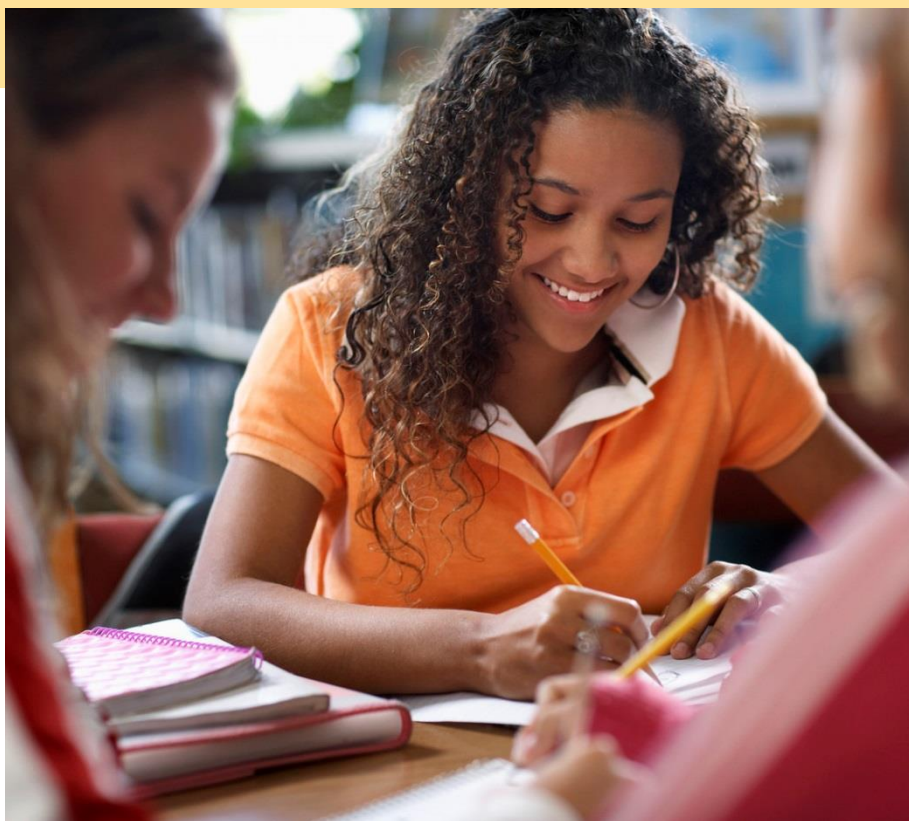
How to Get Involved

Links

In the News

Align community  
support programs  
with needs of  
students based on  
Early Warning  
System





Established Community  
Attendance Support Teams  
for Middle School students

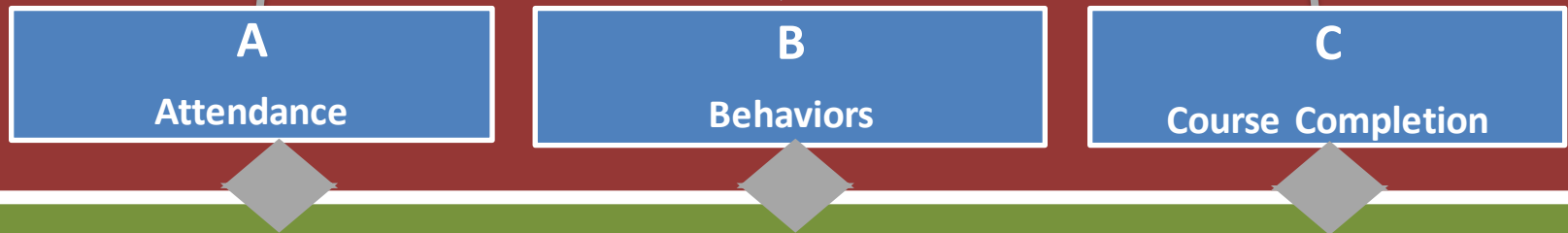
Funded by Robert Wood  
Johnson Foundation



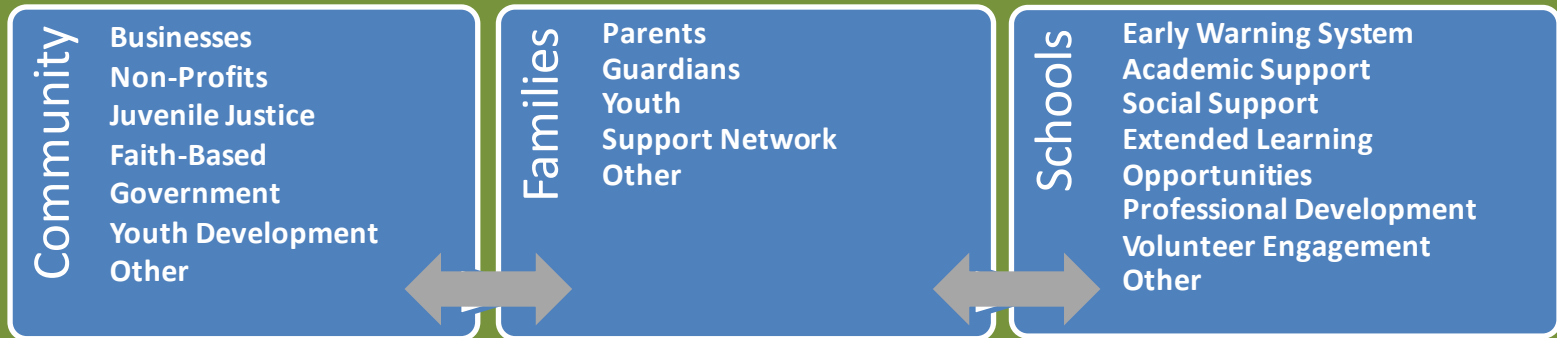
## COMMON AGENDA: Increase Graduation Rates

### Shared Measurement: Community Dashboard

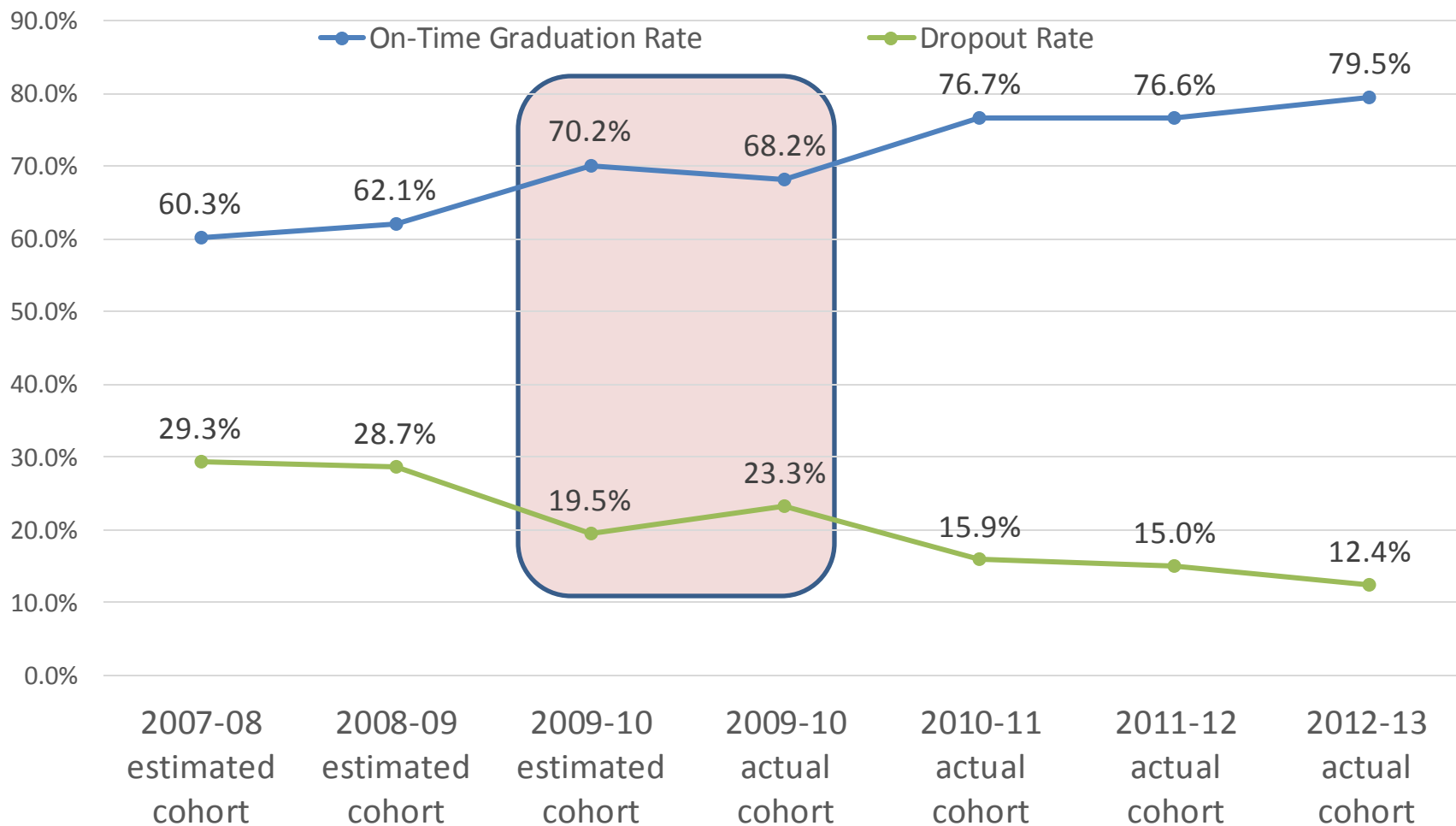
#### Middle School Success!



### Mutually Reinforcing Activities



Identify Model Practice and Resources  
Conduct Ongoing Research and Program Evaluation

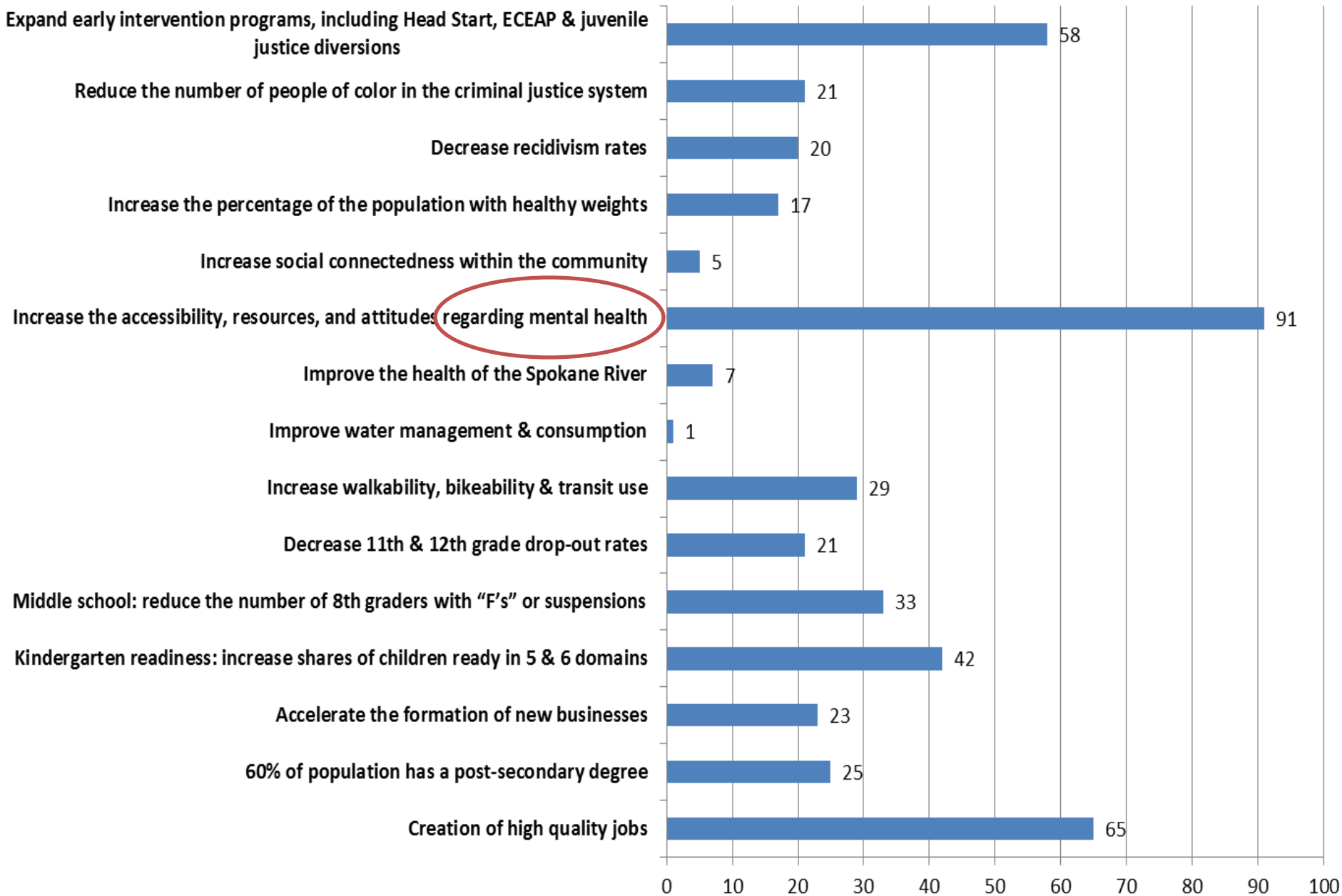


# Where do we go from here?

- **County-wide early warning systems**
- **Awareness of importance of attendance**
- **Attendance boards with community support**
- **Mentoring programs**
- **College Bound scholarship sign-up**
- **Study discipline policies**
- **Change policies to reduce inequities**
- **More partners**



# 2013 Priority Spokane Goal-Setting Results



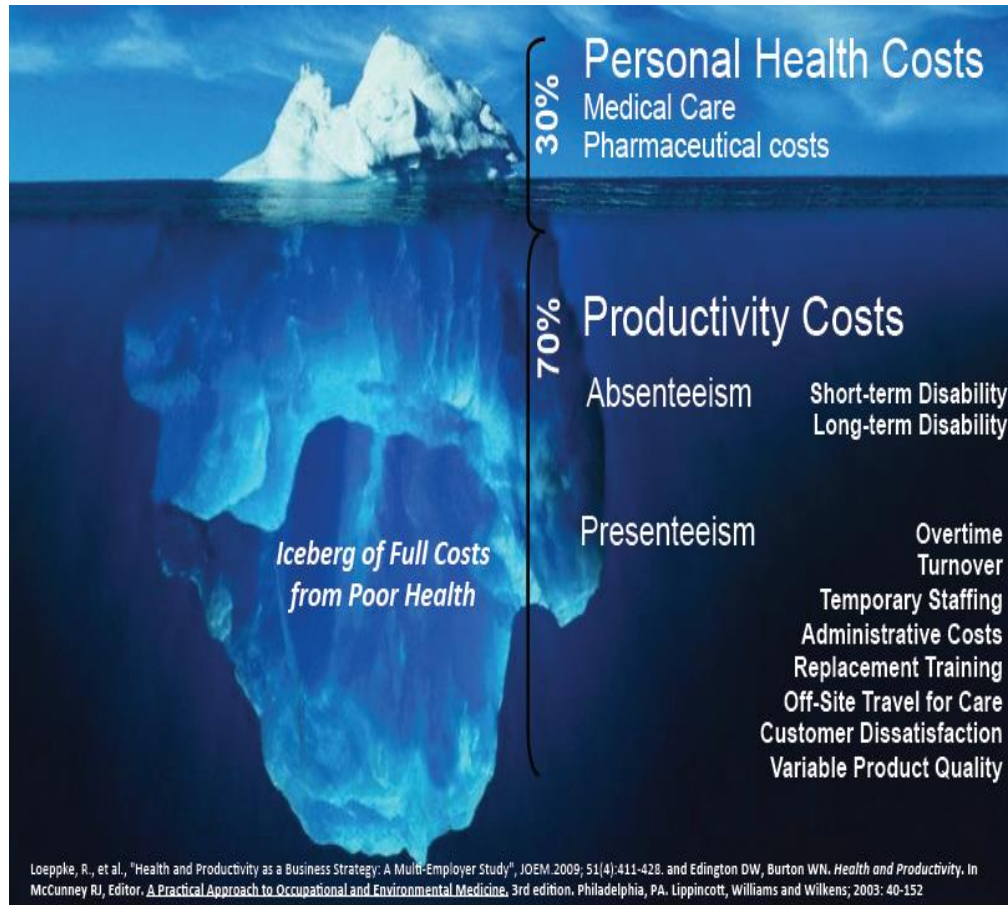


Shanghai, China  
April 9-10, 2014





# Different Objectives for Workplace Wellness Programs



# Different Environments & Cultures





# Different Environments & Conditions



# A safe and healthy environment





# Make the healthy choice the easy choice



# Creating work/life balance





# Creating work/life balance



# Lessons Learned



Be Innovative



Utilize Resources Around You



Work/Life Balance



# Lessons Learned

Open to new ideas



Incorporating wellness in our lives



# Lessons Learned



Be Innovative



Utilize Resources Around You



Work/Life Balance





Grateful to represent our agency and the great work we do